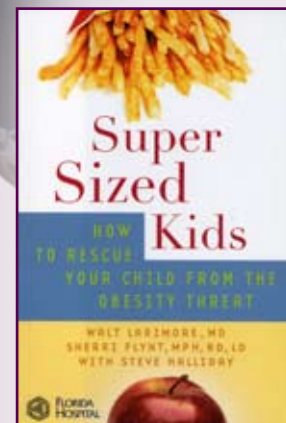


Get Ready to be Super Fit



The SuperFit Family Challenge is headed our way! At the beginning of the 2006-2007 school year, Florida Hospital will be inviting families from schools that are part of the Winter Park Consortium of Schools (Winter Park High and its elementary and middle feeder schools) to participate in their SuperFit Family Challenge. The eight-week program includes a series of steps families can take to improve the health of everyone in the house, no matter what the size and shape.



Eighty-two Central Florida families completed the hospital's first Challenge, which started in January. Together they lost 1,101 pounds and 168 inches from around their waists.

In addition to expanding its program into schools beginning with the Winter Park Consortium, Florida Hospital will

be expanding the program to corporations starting with 100 Universal Studios families.

Want to get a head start on the program or try a do-it-yourself approach? Pick up a copy of the book "SuperSized Kids." The book, which can be found in local book stores, was written by Dr. Walt Larimore and Sherri Flynt, a registered and licensed dietitian at Florida Hospital in Orlando, and includes eight pages on the Consortium's Healthy School Teams (HST) program. The SuperFit Family Challenge is described in Appendix B.

The YMCA will be a program partner, as is the Winter Park Health Foundation which sponsors the HSTs within Consortium schools, the "Healthy Kids Today" newsletter, the Healthy Kids Today website and various health-related programs within the schools. HSTs will be involved in and lead the way for the Challenge at each school.

Help Us Remodel the Healthy Kids Today Website

www.healthykidstoday.org

Look for a revamped Healthy Kids Today website, www.healthykidstoday.org, when students return to school in August.

The site, designed by the Winter Park Health Foundation (WPHF) for Winter Park Consortium Schools and families, is updated weekly with current health news, tips and recipes as well as comprehensive information on all of the Coordinated Youth Initiative programs—Healthy School Teams, School Nurses, the Student Health Centers and the CHILL counselors at your child's school. We hope it will offer even more by next fall.

But first, we'd like your input on the features you would like to see on the website.



Please take time to log on to the Healthy Kids Today website, www.healthykidstoday.org, and answer the survey questions posted there. You could win a three-month membership to the YMCA! The names

of everyone who completes a survey will be entered into a drawing for this prize and others.

Thanks in advance for helping us do an even better job of providing important and useful health information on our website.

WPHF believes "Healthy Kids Make Better Students" and provides financial support for the Coordinated Youth Initiative and its health and wellness services.

For more information on the Winter Park Health Foundation, go to www.wphf.org

Healthy Recipes

Berry Smoothie

(1 serving)

Ingredients:

- 1 cup 1% milk
- ½ cup frozen berries

1 banana, peeled

Directions:

Combine all ingredients

in blender. Blend until smooth.

Calories-316, protein-10 gm, fat-3 gm, carbohydrates-68 gm, fiber-4 gm, calcium-319 mg

Options: For lactose-intolerance, use 1 cup soy milk or 1 cup juice in place of 1% milk.

Easy Breakfast Toppers

Pour 1/2 cup low-fat granola in a bowl. Top with one of the following and eat sundae-style or stir just before serving.

1. Strawberry Fascination: 1/2 cup fresh strawberries, 1/2 cup fat-free vanilla yogurt and 2 teaspoons firmly packed brown sugar (379 calories)

2. Tropical Fruit: 1/2 cup fat-free vanilla yogurt, 1/4 cup orange sections (about 1/2 medium orange) and 1/4 cup peeled, sliced kiwi fruit (370 calories)

3. Blueberry Crisp: 1/2 cup fat-free vanilla yogurt, 1/2 cup fresh blueberries and 1 tablespoon wheat germ (383 calories)

Recipes provided by Sherri Flynt, registered and licensed dietitian and co-author of the book "SuperSized Kids." See other healthy eating tips from Ms. Flynt in the story "Healthy Eating All Summer Long."

For more healthy recipes, check out www.healthykidstoday.org. New recipes are posted weekly.



Healthy Kids Today

Have a Healthy Summer!

Elementary School Edition

May 2006

Body Image Can Weigh on the Minds of Young Children

More Kids Face Type 2 Diabetes

Healthy Eating All Summer Long

Mark Your Calendars for the Back to School Health Fair

Get Ready to be Super Fit

Summer Physicals

Help Us Remodel the Healthy Kids Today Website

Healthy Recipes

Healthy Kids Today is published by the Winter Park Health Foundation especially for students and families affiliated with schools in the Winter Park Consortium of Schools—Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Killarney, Lake Sybella and Lakemont elementary schools; Glenridge and Maitland Middle schools; Winter Park 9th Grade Center; Winter Park High School and Winter Park Tech.



Body Image Can Weigh on Minds of Young Children

Body image concerns can start at a very young age. That is why you'll find youth-oriented websites such as the Sesame Street Workshop website, stocked with information for parents on how to help children develop a healthy body image.

The National Eating Disorders Association notes that 42 percent of elementary school students

between first and third grades want to be thinner, and that 80 percent of 10-year-olds are afraid of being fat.

The good news is that parents, especially at these young ages, can have a major impact on how a child views his or her body, and there is a lot they can do to make sure the view is positive.

Here are some suggestions from Heather Galvin, Licensed Clinical Social Worker and CHILL counselor provided by the Winter Park Health Foundation at Maitland Middle School:

- Avoid talking negatively about

continued inside

More Kids Face Type 2 Diabetes

As obesity rates continue to climb, so do the number of children and teens dealing with type 2 diabetes.

According to a new study, the number of U.S. children and teens taking prescription drugs to treat or prevent type 2 diabetes has doubled over the past four years.

The dramatic jump—identified in the study by Express Scripts, a benefits management company—supports suspicions by doctors and health care professionals that as children grow heavier, so will their risk of developing type 2 diabetes.

While diabetes—a disease in which the body doesn't adequately produce or properly use insulin—can be frightening, health professionals say there are things parents and children can do to deal with and possibly prevent it.

continued inside



Healthy Kids Make Better Students. Better Students Make Healthy Communities. www.healthykidstoday.org

your own body image, and weight. Avoid saying how good someone looks because they are thin. (Maternal concerns about body weight may be the third leading cause of body image problems in adolescents, according to a study by Harvard Medical School researchers.

Scientists found that mothers who over-emphasize their concerns about body weight are significantly more likely to pass on these attitudes to their children.)

- Compliment your children’s actions instead of appearance. Point out their beauty when they are generous or kind. Your compliment will add to their internal messages.
- Have nutritious foods available, for the whole family. Hungry children will usually eat what is most easily available to them. Avoid nagging or calorie counting. Instead, help your child learn to read food labels and measure out serving-size portions of food using package information as an aid.
- Encourage regular exercise by modeling it and making time for it in the daily schedule, along with homework, meal time and other activities. Suggest physical activities that can include a friend.
- Keep communication open by questioning images or attitudes modeled on television that are

unhealthy.

- Focus on how good health choices (exercise, eating fresh foods, not skipping meals, etc) contribute to overall good health by increasing energy level, improving mood and increasing strength. Don’t just focus on weight or appearance.

• Avoid criticizing clothes. Do clearly define and enforce school dress code and “modesty” code guidelines as defined in your family.

• Don’t compare your child’s appearance to siblings or friends.

• Seek professional consultation if you observe rapid weight loss or gain, secret eating, pretend eating or meal avoidance, spending a lot of time in the bathroom after meals, use of diet pills or laxatives, school or social avoidance due to appearance concerns or extreme problems with hygiene.

For help on this and other mental health issues, contact the CHILL counselor at your school. For more information on the CHILL program, founded and supported through the Winter Park Health Foundation, go to www.healthykidstoday.org

Summer Physicals

The nurse practitioners based at the Student Health Centers at Glenridge Middle School and Winter Park High School will have special summer hours to offer free school entry and sports participation physicals for students in need.

Parents can begin making appointments for physicals at the Student Health Center at Glenridge Middle School on Monday, July 17, 2006. Appointments, available on a first come, first served basis, begin

July 18. To make an appointment, call 407-623-1415 ext. 256 on or after July 17.

The Student Health Center at Winter Park High School also will be open in July. Starting July 5, nurse practitioners will be there on Wednesdays, Thursdays, and Fridays only. To make an appointment, call 407-622-3200 ext. 2201 beginning on July 5.

This summer, both facilities are available at the specified times for all students in need attending schools within the Winter Park Consortium of Schools (Winter Park High and its elementary and middle feeder schools).



Type 2 Diabetes from page 1

A first step in dealing with diabetes 2 is understanding its symptoms. (There are two forms of diabetes, type 1 which begins at a younger age and requires insulin therapy, and type 2, which generally begins at an older age. It sometimes can be controlled with lifestyle changes. Type 2 is the most common form of diabetes.)

Symptoms for the two can be similar, and include

- A need to urinate frequently
- Being thirsty
- Feeling tired

Additional signs of diabetes, include weight loss in spite of showing signs of increased appetite and a fruity smell to the breath, according to Dr. Brenda Holson, pediatrician and Winter Park Health Foundation Trustee.

Also, some children and teens with type 2 diabetes may have skin changes. They may notice a dark ring around their necks or see thick, dark velvety skin under the arms, between fingers and toes, between the legs or on elbows and knees.

Those who get type 2 diabetes used to be overweight adults, but today, more overweight kids and teens are being diagnosed. It is more common in people who have family members with type 2 diabetes and those who have Native American, African American, Hispanic/Latino or Asian/ Pacific Island backgrounds, according to health care experts with

the www.kidshealth.org website and those with the American Diabetes Association.

Youth older than the age of 10 are more likely to develop type 2 diabetes than younger children.

But the only way to know positively that a child has type 2 diabetes is for a doctor to conduct tests. If a parent suspects that his or her child could have diabetes, it is important to contact a doctor for diagnoses and treatment options.

If a child is diagnosed with type 2 diabetes, the doctor probably will recommend he or she:

- Eat a balanced diet and watch portion control, of even healthy foods
- Get regular exercise
- Reach and maintain a normal body weight
- Take prescribed medications
- Check blood sugar levels regularly
- Have regular checkups

To avoid developing type 2 diabetes, Dr. Holson suggests getting regular exercise and avoiding excessive sugar intake.

Tori Sheahan, nurse practitioner at the Student Health Center at Glenridge Middle School suggests that parents find out their child’s Body Mass Index (BMI). It is a number calculated using height and weight that helps determine if a child’s size is in a healthy range. Parents can calculate

a child’s BMI by going to <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

It is important to know the child’s BMI and where it falls on a BMI growth chart, because there is a correlation between elevated BMI and diabetes risk, Ms. Sheahan explained.

“Any child with an elevated BMI should be evaluated for weight-associated chronic disease such as diabetes, hypertension and elevated cholesterol,” she said.

“Increased cholesterol and high blood pressure are factors that contribute to the poor long-term outcomes relating to mortality and morbidity,” said Dr. Holson.

For more information, contact your family physician. You also can contact the school nurse, or the nurse practitioners at the Student Health Center at Winter Park High School, 407-622-3200 ext. 2209 or the Student Health Center at Glenridge Middle School, 407-623-1415 ext. 256.

For more information on diabetes, go to these websites:

American Diabetes Association www.diabetes.org

National Diabetes Education Program <http://www.ndep.nih.gov/diabetes/diabetes.htm>

National Diabetes Information Clearinghouse <http://www.diabetes.niddk.nih.gov/>

Healthy Eating All Summer Long

Families don’t have to take a vacation from healthy eating in June and July. With a little planning—preferably before school ever gets out—kids and parents can stay on a nutritious track throughout the summer months.

Here are some tips from Sherri Flynt, registered and licensed dietitian and co-author of the book “SuperSized Kids.”

To get started, Ms. Flynt said it is a good idea for parents to discuss healthy food options with their children. Parents can explain they want to provide some healthier snacks and meals in the summer, present some healthy choices and ask the children which they prefer.

Breakfast

Planning for breakfast in the summer can be tricky. Breakfast is as important in the summer as the rest of the year, but if the child wakes late and plans to eat lunch at noon, he or she may want to have a snack like yogurt with fruit or make a smoothie instead of a full meal, said Ms. Flynt.

When it comes to cereal, it is a good idea to stock up on low sugar brands such as Cheerios. If the child is used to eating sugar-coated cereals, parents might want to try mixing Honey Nut Cheerios with plain Cheerios as a compromise, she said.

Whole grain toaster waffles topped with natural peanut butter and applesauce would be another quick and easy breakfast option. The waffle can be replaced by whole grain toast. And if the child is old enough to use a microwave oven, the parents may want to buy an egg cooker. One egg is appropriate for most children, according to Ms. Flynt.

Lunch

At lunch time, sandwiches are always easy, but it is a good idea to go easy on the lunch meat, she said. In addition, parents can assemble a

plate of food at night that the child can microwave for lunch the next day.

Snacks

For snacks, Ms. Flynt suggests parents set up a snack drawer in the refrigerator filled with healthy, easy to grab items such as pre-cut vegetables and fruits, small bottles of water, and juice boxes containing 100 percent fruit juice. But it is a good idea to limit the juice boxes to one a day because it is better for children to eat, rather than drink calories.

Parents can also set up a snack shelf for their children in the pantry and stock it with whole grain crackers, boxes of raisins, mini-bags of microwave popcorn, Cheerios and small cans of tuna fish. The possibilities, said Ms. Flynt, are endless.

Here is one last tip to remember—if you don’t want your child eating unhealthy snacks like potato chips during the day, don’t bring them into the house.

For more healthy ideas, see the recipes provided by Ms. Flynt in other parts of this edition of Healthy Kids Today, or go to www.healthykidstoday.org.

Mark Your Calendars for the Back to School Health Fair

The Back to School Health Fair, sponsored by the Winter Park Health Foundation in cooperation with the City of Winter Park, will be held from 2 p.m. to 8 p.m. on Friday, July 14 at the Rachel D. Murrah Civic Center at 1050 West Morse Boulevard in Winter Park.

School health professionals provided to Winter Park Consortium schools through the support of the Winter Park Health Foundation – including nurse practitioners, nurses and CHILL counselors -- will help with the fair. Services to be provided at the fair free of charge to students in need include school physicals, immunizations, hearing and dental screenings.

There also will be information booths stocked with a wide assortment of healthy information and healthful treats.

Don’t miss this opportunity to get your children off to a healthy start next school year.

For more information, contact Lynn Carolan, 407-644-2300 ext. 234.

